



Academic Sports Scholars

A COMPARATIVE STUDY OF LIFESTYLE TRAITS OF PHYSICAL EDUCATION AND OTHER FACULTY STUDENTS

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ABSTRACT

The main purpose of the study was to find out comparison between Physical Education and other faculty students in relation to Physical assessment, Nutritional assessment, and Social Wellness assessment. For the present study the data were collected from B.V.D.U and different colleges of Pune University. 120 subjects were selected from B.V.D.U and different colleges of Pune University for this study. The age of the subjects were ranged from 19-25 years.

To compare the level of Physical Wellness assessment, Nutritional Wellness assessment, and Social Wellness assessment of Physical Education and other faculty students of B.V.D.U and other colleges of Pune University. Independent 't' test was employed.

KEYWORDS :Physical wellness Assessment (PWA), Social Wellness Assessment (SWA), Nutritional Wellness Assessment (NWA), Lifestyle traits.

INTRODUCTION :

The late adolescence period of life is important because at this stage of life, the adolescents are independent in choosing their lifestyles and different habits which will affect their whole life. They are



legally allowed to take part in the activities which were prohibited previously. So, they have more chances to develop unhealthy health-related behaviour (*Telama, Physical Activity from childhood to adult hood 2005*). Transition to university is an important phase in a student's life. Students' environment and social network change during this phase of life and they get more independence from parents. All these factors have strong influence on their health behaviours. Ultimately, these healths

related behaviours transformed into their life partners. Health-related behaviours (diet, physical activity, mental health and physical health) adapted in the early years of life have effects on the development of lifestyle related disorders in adulthood. Therefore, it is significant to explore the interaction of diet, physical activity (PA) and multidimensional health locus of control (MHLOC) with mental health and physical health (quality of life) among youth.

There are recommended guidelines for vigorous and moderate physical activities. According to recommendations, vigorous physical activity should be performed for 20 minutes for three times a week and moderate physical activity should be performed for 30 minutes for five times a week. Both these recommendations are for the adults between the age ranges of 18-56 years. (Haskell, Lee, Pate, 2007). Regular physical activity plays an important role in healthy lifestyle and it also improves physical and mental health. Higher physical activity has been linked with lower risk of developing type 2 diabetes mellitus, cardiovascular diseases, cancer, obesity, hypertension, depression and osteoporosis (*Abu-Omar, K., & Rutten Preventive Medicine 2008*). Physically inactive lifestyles have been verified as risk factors for health among all age groups, genders, socioeconomic groups and ethnicities. It is important to develop physically active behaviors to avoid major health risks and improve general well-being (*Blair, S. N Annual Review of Public Health, 1992*)

The individuals who have firm believe that what happens in their lives comes primarily due to their own actions belong to category called as internal locus of control. Those who have firm belief that what happens in their lives comes primarily due to some external factors rather than internal factors belong to category calls as external locus of control. Other people luck or fate can also be external factors. Locus of control turns into health locus of control when it comes under the roof of health. Individuals with internal locus of control think that they control their own health. On the other hand, those individuals who think that their health will be good due to care of medical professionals or due to luck or fate belong to external locus of control. It is shown by health locus of control

Poor eating habit is a main public health problem among the young adults who are making transition from college life into university life. During this transition, they depict lack of time and stress. The issues like poor eating habits put hindrance in accepting healthy behaviours. Unhealthy habits adopted during the university life are temporary but they can usually stick it out in older life. Nutritionally, young adults are vulnerable to bad eating habits mainly due to quick changes in physical and mental development. As a result, they are unable to fulfill dietary requirements.

An individual's health depends a lot on their lifestyle. Maintaining physical and mental health is crucial to an individual's longevity. The more time spent on hygiene, physical fitness, and diet regulation, the healthier lifestyle they have. Those who chose to participate in any kind of physical activity on a weekly basis are generally healthier than those who don't. Mental illness may occur through various variables, For example, depression may promote mental illness through stress and anxiety. Reasons for being depressed can be due to a number of things including job loss, recently widowed, divorce, etc. Depression may lead to or increase the frequency of poor habits not promoting physical health. Poor habits may eventually lead to a poor or even dangerous lifestyle. More interestingly, a healthy or unhealthy lifestyle will most likely be transmitted across generations. According to the study done by Case et al. (2002), when a 0-3 year old child has a mother who practices a healthy lifestyle, this child will be 27% more likely to become healthy and adopt the same lifestyle For instance, high income parents are more likely to eat organic food, have time to exercise, and provide the best living condition to their children. On the other hand, low income parents are more likely to participate in unhealthy activities such as smoking to help them release poverty-related stress and depression. Parents are the first teacher for every child. Everything that parents do will be very like to be

transferred to their children through the learning process.

Technology and diversity have greatly changed the lives of people in society. Technology has positive and negative effects on our daily lives. However, the positivity and negativity of technology depends on how much we use it and how much we are exposed to it. In other words, our lifestyle controls our use of technology, while technology influences our lifestyles. To begin, technology has changed the fields of agriculture, manufacturing, warfare, transportation, information, medicine, communication, among others. Technology has also made it easier for other factors to affect our lifestyles, such as the media. All in all, technology has made our lives much easier; therefore we no longer are required to live vigorous lifestyles that, in the past, contributed to the decline in our health. On the other hand, technology has complicated many lives and has many negative effects. Technology has the power to deliver media to us that can change our values and views on the world, which in return will change our lifestyles. Also, technology has negative effects on the environment such as pollution. Because of technology such as computers and television, people have a much more sedentary lifestyle, which leads to health complications and issues.

According to '*Oxford Dictionary*' in the scientist sense of the world, the definition of lifestyle simply means the typical way person goes about daily living. Most people, however, define it in terms of wealth or lack of it. This does not begin to hit the mark. When the facets that truly make up a lifestyle are considered, the all-encompassing nature of this term becomes clear".

"Wellness means having the drive and energy to accomplish and succeed in daily tasks and having a good mental outlook about your life."

Physical wellness involves aspects of life that are necessary to keep yourself in top condition. Optimal physical wellness is developed through the combination of beneficial physical activity/exercise and healthy eating habits. Elemental components of physical wellness include building muscular strength and endurance, cardiovascular strength and endurance and flexibility

Social wellness means having a number of intimate friends and an active social life. By "active social life" I mean in this case that you see your friends on a regular, preferably weekly basis. It is entirely possible, and in fact quite common, for people to have an "active social life", attending a whirl of parties and functions, and yet have no friends with whom they share a close connection.

The process of taking in food and using it for growth, metabolism, and repair. Nutritional stages are ingestion, digestion, absorption, transport, assimilation, and excretion

METHODOLOGY

For the purpose of this study 120 male students were collected from B.V.D.U and different colleges of Pune University. The age of the subjects were ranging from 19-25 years

Variables which were used in this study are as under:-

Physical Wellness Assessment, Nutritional Wellness Assessment, Social Wellness assessment.

To measure personal appraisal about the lifestyle of the subjects, belonging with two Professional courses 'Life style Assessment Inventory' was used. The questionnaire was divided into 3 parts ; Physical Wellness Assessment (PWA), Nutritional Wellness Assessment (NWA), Social Wellness Assessment (SWA), The inventory contains total 30 items, these questions/statements are evenly divide in three Life Style contents namely physical assessment, nutritional assessment and social wellness assessment. There were ten questions for each life style aspect. Standard inventory was used to assess and compare the lifestyle traits of physical education students and other faculty students developed by Dr. Anspangh David S. Michal, H. Hamrich and Fran D. Rosato.

Independent ‘t’ test was employed; the level of significance was set at 0.05 level.

OBSERVATION AND DISCUSSION

The data was collected on 120 subjects and were computed by ‘t’ test statistical technique . The result pertaining to these data have been depicted in the following table.

Comparison of Physical Education and other faculty Students in relation to Physical wellness assessment, Nutritional wellness Assessment and Social wellness assessment are presented in the table below:-

Variable	Group	Degree of freedom	Mean	S.D.	T ratio
Physical wellness	Physical Education	118	68.08	14.78	0.98
	Other Faculty		65.88	11.76	
Nutritional wellness	Physical Education	118	70.75	11.91	3.68*
	Other Faculty		62.23	13.91	
Social wellness	Physical Education	118	66.23	12.66	0.95
	Other Faculty		63.75	15.86	

DISCUSSION ON FINDINGS

The result of present study reveals that the mean of the Physical Education Students have greater in relation to Physical Wellness Assessment (PWA) because they show high level of Lifestyle as compared to other faculty students because of regular exercises . They show also high mean in Nutritional Wellness Assessment (NWA). Because students are physically active .so they are in need of more nutrients.

It also reveals that the mean of Social Wellness Assessment (SWA) is greater as compared to other faculty students. Other faculty students show low level of lifestyle than Physical Education Students, because physical education students are socially active .

It is also evident that comparison of physical Education and other Faculty Students in relation to Physical Wellness Assessment and Social Wellness Assessment are found not significant. As per the analysis it is also found significant in comparison with Physical Education and other faculty students in Social Wellness Assessment.

Hence it is revealed that Physical Wellness Assessment, Nutritional Wellness Assessment and Social Wellness Assessment differed with each other. It might be because these groups show different level of lifestyle traits.

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